

## WE CAN HELP YOU:

- Access resources you need to make informed choices and live independently in your community
- Make the connections to those resources
- Understand options if you are considering nursing home placement and in-home support
- Become more involved through various volunteer opportunities
- Develop a healthier lifestyle
- Understand Medicare & Medicaid



## NOTES

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Call your local ServiceLink  
**1-866-634-9412 (Toll Free)**  
or  
**[www.servicelink.org](http://www.servicelink.org)**

This information is provided by an Agreement between the NH ServiceLink Aging and Disability Resource Center and the NH Department of Health and Human Services' Bureau of Elderly and Adult Services and partially funded by the Centers for Medicare & Medicaid Services under grant #11-P-20220.

## ServiceLink Aging and Disability Resource Center



Your link to information and support services within your community



**1-866-634-9412**  
**[www.servicelink.org](http://www.servicelink.org)**



**DO YOU HAVE QUESTIONS?**

**HOW SERVICELINK  
RESOURCE CENTERS HELP**

**ANYONE CAN USE THE  
SERVICELINK RESOURCE CENTER**



Do you have a family member who needs some help?

Do you need more services to stay at home?

Do you understand Medicare and supplement health insurance benefits?

Do you need help taking care of your elderly parents?

Have you made phone calls looking for local services, but still haven't received answers?

Are you feeling depressed, isolated, and unable to cope?

Are you looking for answers about alternatives to a nursing home?



**Your call will be answered by one of our professional staff. They will provide you with the most up-to-date and unbiased information about resources available where you live.**

**We can help you find connections to available services, such as:**

- \* Caregiver and family support
- \* Community involvement opportunities
- \* Counseling on alternatives to nursing home
- \* Disability services
- \* Financial/retirement planning
- \* Healthcare benefits
- \* Home delivered meals
- \* Housing options
- \* Medicare & Medicaid counseling
- \* Mental health services
- \* Options counseling that can help you with choices as you age
- \* Prescription assistance
- \* Transportation availability

**THERE IS NEVER A FEE OR ELIGIBILITY REQUIREMENT**

One call is all it takes.

Staff are available during normal business hours Monday to Friday. After hours appointments are available as needed.

All ServiceLink staff conversations are confidential.



**1-866-634-9412 (Toll Free)**

**Visit us online at  
[www.servicelink.org](http://www.servicelink.org)**

*Interested in volunteering in your community? Please call for information.*